

Physical Education
Track and field
Shot Put Worksheet

Name:

Grade:

Instruction: Place the correct answer in the spaces provided. Your answer should be written in lower case letters.

1. The _____ is one of three events thrown from a circle.
2. The shot should be held in your _____ before it is thrown.
3. Tip to remember when throwing the shot. Clean palms _____ fingers.
4. When you remove the shot from your neck you are given a _____ by the official.
5. The area where the shot should land during competition _____.
6. You should exit from the _____ of the circle.
7. Outstanding Bahamian male who participated in the shot put event is _____.
8. Competitors are allowed _____ throws in the first round of competition.
9. Measurements for the shot put is taken from the circle to the first _____ made on the ground.
10. Three ways the shot can be thrown are _____, _____ and _____.